Dream Interpretation

Choose one of your dreams to interpret, it may be a dream you have had in the past or it may be a dream you collected from someone else. If the dream is not yours you will need to talk to the dreamer for information.

Describe what was going on in your life at the time of the dream.

What features/aspects of the dream stand out the most? What feelings/emotions do you attach to those features?

Consider the context, the prominent features and your feelings. What do you believe the dream to mean?

Go to psychologistworld.com, hit dream dictionary tab. Look up your dream symbols. How do they fit with what you think you dream means?

Do you believe, as Freud did, that dreams are a window into your unconscious minds and have deep psychological meaning?

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